

Specialized Recreation

Youth Specialized
Recreation**Sibshops**

Location: Laurel Hills Community Center
Age: 6-12yrs. This activity is for siblings of individuals with developmental disabilities. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in between. They reflect a belief that brothers and sisters have much to offer one another if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities. For more information on this activity please contact Jennifer Tabery at 807-5402. Class Fee: \$15

#72951	Sep 12	F	6:00-9:15pm
#72952	Oct 10	F	6:00-9:15pm
#72953	Nov 7	F	6:00-9:15pm
#72954	Dec 12	F	6:00-9:15pm

SRS Martial Arts – Youth

Location: Laurel Hills Community Center
Age: 6-12yrs. Fun and physical fitness make up this structured yet playful class. Basic punches, kicks, blocks, and stances are introduced in this structured yet playful class. Siblings are welcome to join as well. For more information on this activity, please contact Jennifer Tabery at 807-5402. Class Fee: \$20

#75598	Sep 18-Oct 9	Th	5:30-6:15pm
#75721	Oct 23-Nov 13	Th	5:30-6:15pm

Wheels of Steel Basketball

Location: Tarboro Road Community Center
Age: 6-19yrs. If you're interested in sports, but you can't participate in regular sports programs due to a physical disability, please join us for some fun! We have extra wheelchairs if you do not have one. The NC Wheels of Steel is a group of physically challenged athletes. Our team ranges in ages from six to nineteen! We have three divisions: elementary ages, middle school, and high school. We participate in exhibition games and tournaments! Class Fee: \$10
#74209 Sep 6-Aug 29 Sa 1:00-3:00pm

Youth Recreational Bowling

Location: Non-City Owned Site
Age: 6-12yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class

Fee: \$20

AMF Capital

#74086	Aug 9-30	Sa	10:00am-12:00pm
#74091	Sep 13-Oct 4	Sa	10:00am-12:00pm
#74092	Oct 11-Nov 1	Sa	10:00am-12:00pm
#74093	Nov 8-Dec 6	Sa	10:00am-12:00pm

AMF South Hills

#74095	Sep 13-Oct 4	Sa	10:00am-12:00pm
#74096	Oct 11-Nov 1	Sa	10:00am-12:00pm
#74097	Nov 8-29	Sa	10:00am-12:00pm

Teen Specialized
Recreation**Friendly Afterschool Program**

Location: Millbrook Exchange Community Ctr
Age: 12-21yrs. The Friendly Afterschool program is for youth with developmental and/or physical impairments. Participants must be able to display appropriate behavior and function independently on a 1:4 ratio. Program is held based on the Wake County Traditional Calendar. The program will not meet on teacher workdays, dismissal due to inclement weather, or holidays. No refunds will be granted for days missed or cancelled due to vacation, illness, suspension, or inclement weather. Transportation is not provided, but may be arranged through your child's IEP. Payment may be made in weekly or monthly installments. For additional information, please contact Jennifer Tabery at 807-5402. Class Fee: \$850
#74166 Aug 25-Dec 19 M-F 3:00-6:00pm

Specialized Recreation Game Night

Location: Eastgate Park
Age: 12-22yrs. Come and hang out with your friends! We will have board games, Karaoke, and video games. This is a great chance to meet new friends while having fun. Snacks and drinks will be provided, but please eat dinner before arriving. You must pre-register for this program so that we may plan for your attendance. For more information on this activity, please contact Jennifer Tabery at 807-5402. Class Fee: \$10
#74159 Sep 19 F 6:30-9:30pm
#74160 Oct 17 F 6:30-9:30pm
#74161 Nov 14 F 6:30-9:30pm
#74162 Dec 12 F 6:30-9:30pm

SRS Martial Arts – Teens

Location: Laurel Hills Community Center
Age: 13-16yrs. Fun and physical fitness make up this structured yet playful class. Basic punches, kicks, blocks, and stances are introduced in this structured yet playful class. Siblings are welcome to join as well. For more information on this activity, please contact Jennifer Tabery at 807-5402. Class Fee: \$20

#75706	Sep 18-Oct 9	Th	5:30-6:45 PM
#75712	Oct 23-Nov 13	Th	5:30-6:15 PM

Teen Recreational Bowling

Location: Non-City Owned Site
Age: 13-16 yrs. This bowling program is recreational in nature and provides a fun and exciting place for youth with developmental

and/or physical disabilities to participate in a bowling league. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. Siblings are also allowed to join this program. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$20

AMF Capital

#72927	Aug 9-30	Sa	10:00am-12:00pm
#72929	Sep 13-Oct 4	Sa	10:00am-12:00pm
#72930	Oct 11-Nov 1	Sa	10:00am-12:00pm
#72932	Nov 8-Dec 6	Sa	10:00am-12:00pm

AMF South Hills

#74105	Sep 13-Nov 8	Sa	10:00am-12:00pm
#74106	Oct 11-Nov 1	Sa	10:00am-12:00pm
#74107	Nov 8-Dec 6	Sa	10:00am-12:00pm

Youth Club Social Activities

Location: Non-City Owned Site
Age: 12-22yrs. The Youth Club is for teens in middle school and high school who have a developmental disability. The purpose of the group is to provide social activities, perpetuate friendships, and develop community skills. Activities are held at least once a month and include things such as: sporting events, dinner and a movie, plays, and trips. Each activity has its own cost. Pre-registration is required. For more information or to be added to the mailing list to receive information on events as they are added, please contact Jennifer Tabery at 807-5402.

Adult Specialized
Recreation**Aerobics – Move that Body**

Location: Green Road Community Center
Age: 17yrs and up. This inclusion program is designed for adults with developmental and/or physical disabilities or anyone needing low impact exercise. Come join your friends, get into shape or just stay in shape with aerobics. Go at your own pace, high, low or just go with the flow. There is no one-on-one assistance available for this program. Family members, friends and even workers are welcome. For more information on this program, contact Meredith at 807-5401. Class Fee: \$15
#74458 Nov 24-Dec 15 M 6:00-7:00pm

Arts

Location: Pullen Arts Center
Age: 17yrs and up. Come learn new ways to express yourself through art. This class is designed for individuals with developmental and/or physical disabilities. We will explore different mediums of expression to include painting and drawing. Materials will be provided. For more information, contact Meredith at 807-5401. Class Fee: \$25
#74456 Nov 5-Dec 17 W 5:30-6:30pm

Adult Specialized Recreation continued next page —

Adult Specialized Recreation continued —

Basic Cooking

Location: Eastgate Park

Age: 17yrs and up. This program is inclusive in nature and is designed to meet the needs of teens and adults with developmental and/or physical disabilities. This program will teach you the basics on how to plan a menu, read a recipe, measure ingredients, and prepare a basic meal. Participants will then enjoy a social time with their classmates while eating the meal they prepared. Individuals with a one-on-one staff are welcome. For more information, contact Meredith Jackson at 807-5401.

You may only register for one session! Class Fee: \$55

#73352	Sep 17-Oct 15	W	6:15-7:45pm
#73353	Nov 5-Dec 10	W	6:15-7:45pm

Dinner and Pottery

Location: Non-City Owned Site

Age: 18yrs and up. Come enjoy a day of painting pottery of your choice. We will travel to Creative Living for a 'Paint your Pot' event and then we will enjoy conversation with the class at a local restaurant. The class fee covers the cost of the session and transportation. Additional money will be needed for dinner and for the pottery you select. Please call Meredith at 807-5401 with any questions. Class Fee: \$5

Lunch and Pottery

#73376	Oct 18	Sa	9:30am-2:30pm
--------	--------	----	---------------

Exploring Ceramics

Location: Non-City Owned Site

Age: 17yrs and up. This program is designed in collaboration with Creative Endeavors for individuals with developmental and/or physical disabilities. This exciting class will allow participants to express themselves through different painting techniques such as squirting, glazing, and sponging. The price of the class includes studio fees, 4 pieces of pottery and a roaring good time. For more information call Meredith Jackson at 807-5401. Class Fee: \$40

#74918	Sep 16-Oct 7	T	5:30-7:30pm
--------	--------------	---	-------------

Line Dance Your Way to Fitness

Location: Laurel Hills Community Center

Age: 17yrs and up. This program is inclusive in nature and designed for adults with developmental and/or physical disabilities. Come learn some new dance moves while you get into shape. This line dancing class will include Country as well as Hip Hop. Family members, friends and workers are welcome. Contact Meredith Jackson at 807-5401 for more information on this program. Class Fee: \$25

#73359	Sep 29-Oct 27	M	6:30-7:30pm
--------	---------------	---	-------------

Scrapbooking for Adults

Location: Jaycee Community Center

Age: 17yrs and up. This program is for beginners with developmental and/or physical disabilities needing techniques in

scrapbooking or for those just looking for a place to work on their scrapbook. Learn to create a photo album with your pictures of family and friends, including organizing, designing and decorating the pages of your album. Photo album, pages, pens/markers and stickers are all acid free which will protect your photos from discoloring. Already know how to scrapbook? Come and join us and work on ongoing photo album projects. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$25

#73362	Oct 16-Nov 13	Th	6:30-7:30pm
--------	---------------	----	-------------

Sign Language Class level I

Location: Pullen Community Center

Age: 12yrs and up. Want to learn sign language. This class is for the beginner wanting to learn American Sign Language. This course covers the basics aspects of American Sign Language and prepares Students for level II. Class Fee: \$40

#74399	Sep 4-25	Th	4:30-5:15pm
#74400	Oct 2-30	Th	4:30-5:15pm

SRS Bingo Night

Location: Pullen Community Center

Age: 17yrs and up. What could be more exciting than a fun filled night of Bingo? There will be prizes and lots of time with friends. For more information contact Meredith Jackson at 807-5401. Class Fee: \$5

#73369	Sep 9	T	6:00-8:00pm
#73370	Oct 14	T	6:00-8:00pm
#73371	Nov 18	T	6:00-8:00pm
#73372	Dec 9	T	6:00-8:00pm

SRS Martial Arts – Adults

Location: Laurel Hills Community Center

Age: 17yrs and up. Fun and physical fitness make up this structured yet playful class. Basic punches, kicks, blocks, and stances are introduced. For more information on this activity, please contact Meredith Jackson at 807-5401. Class Fee: \$20

#75717	Sep 18-Oct 9	Th	6:30-7:15pm
#75719	Oct 23-Nov 13	Th	6:30-7:15pm

SRS Recreational Bowling

Location: Non-City Owned Site

Age: 17yrs and up. This bowling program is recreational in nature and provides a fun and exciting place for adults with developmental and/or physical disabilities to participate in bowling. This is not an instructional but rather a recreational class. Ramps and bumpers will be available. Participants will be placed on lanes based on age, ability, and style of bowling. Cost includes 8 games of bowling and shoe rental. For more information, contact Meredith Jackson at 807-5401. Class Fee: \$20

AMF Capital

#73382	Aug 9-30	Sa	10:00am-12:00pm
#73383	Sep 13-Oct 4	Sa	10:00am-12:00pm
#73389	Oct 11-Nov 1	Sa	10:00am-12:00pm
#73391	Nov 8-Dec 6	Sa	10:00am-12:00pm

AMF South Hills

#73394	Sep 13-Oct 4	Sa	10:00am-12:00pm
#73397	Oct 11-Nov 1	Sa	10:00am-12:00pm
#73398	Nov 8-Dec 6	Sa	10:00am-12:00pm

SRS Yoga

Location: Jaycee Community Center

Age: 17yrs and up. A class for beginning and continuing students with mental and/or physical disabilities. Improve your health and posture, and learn to relax your mind. Poses, breathing practices, relaxation, and beginning meditation are taught in a relaxed atmosphere that allows you to go at your own pace. Wear socks and loose clothing. Bring a yoga mat or blanket. For more information, contact Meredith at 807-5401. Class Fee: \$5

#73351	Oct 1-Nov 5	W	11:00am-12:00pm
--------	-------------	---	-----------------

Family Specialized Recreation

Buddy Soccer

Location: Laurel Hills Community Center

Age: 4yrs and up. Buddy Soccer is for individuals with developmental and/or physical disabilities. This program is an instructional soccer program to teach introductory soccer skills. Patron will develop ball handling, dribbling, passing, and shooting skills. Teams will be formed upon completion of registration. Each practice will start with individual skills and end with team play. Siblings are also allowed to join this program. Trophies are awarded at the end of the program. ALL PARTICIPANTS MUST HAVE A PARENT/GUARDIAN OR OTHER ADULT ATTEND WITH THEM. For more information, contact Jennifer Tabery at 807-5402. Class Fee: \$15

#74164	Aug 9-Oct 4	Sa	9:00-10:30am
--------	-------------	----	--------------

FriendlyTrack Out Program

Location: Millbrook Exchange Community Ctr

Age: 6-22yrs. Participants will enjoy activities such as arts and crafts, sports, games, field trips, and more. Please bring a lunch and 2 snacks each day. For more information, please contact Jennifer Tabery at 807-5402. Class Fee: \$125

#72923	Sep 29-Oct 3	M-F	8:00am-6:00pm
#72920	Oct 6-10	M-F	8:00am-6:00pm
#72921	Oct 13-17	M-F	8:00am-6:00pm

Sign Language Level II

Location: Pullen Community Center

Age: 12yrs and up. Want to learn more advance sign language. This course is designed for individuals that have taken sign language classes in the past and are interested in learning more. For more details call Bettie Iftenbach at 807-5404. Class Fee: \$40

#74402	Sep 4-25	Th	5:30-6:30pm
#74403	Oct 2-23	Th	5:30-6:30pm

Silent Supper

Location: Non-City Owned Site

Age: All Ages. Silent Supper meets the 3rd Tuesday of each month. All are welcome. This program is designed for the Deaf and Hard of Hearing along with beginner and advanced signers to socialize in a fun and relaxed setting. Come and join the fun. Registration is not necessary. Each month is a different location so please call Bettie

Ittenbach for more information at 807-5404.

Class Fee: \$0

#72501	Sep 16	T	5:30-8:30pm
#72502	Oct 21	T	5:30-8:30pm
#72503	Nov 18	T	5:30-8:30pm
#72504	Dec 16	T	5:30-8:30pm

Specialized Recreation Dances

Location: Millbrook Exchange Community Ctr

Age: 16yrs and up. Join us as we dance the night away! We will have a DJ, refreshments, and lots of fun! Participants who need a 1:1 are welcome to attend, but must provide their own assistant. Parents, workers, and chaperones do not have to pay the admission fee. For more information, please contact Specialized Recreation Services at 831-6640. Class Fee: \$5

Halloween Dance

#74425	Oct 25	Sa	7:00-9:30pm
--------	--------	----	-------------

Specialized Recreation Open House and Accessible Recreation Day

Location: Millbrook Exchange Community Ctr

Age: All Ages. Come and join us! Specialized Recreation will host an open house and accessible recreation day. Join us as we present information on programs for individuals with disabilities. Information will be available on Special Olympics Wake County, as well. You may also participate in a focus group to help us better meet your needs. Demonstrations of accessible sports will also be given. For more information, please contact Jennifer Tabery at 807-5402 or Stephanie Stancil at 807-5400. Class Fee: \$0

#74774	Oct 25	Sa	11:30am-4:30pm
--------	--------	----	----------------

Swim Lessons – Intermediate Group

Age: 3yrs and up. These classes are designed to serve individuals with developmental and/or physical disabilities. Anyone wishing to participate in group lessons must have already participated in at least one private lesson with SRS. Additionally, participants must be able to function in a small group setting. Groups are made up of 2-4 participants who display the ability to learn in a group setting and have mastered the swimming skills needed to complete ARC levels 1 and/or 2. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. For additional information or any questions concerning appropriate placements or adapted aquatics, please contact Stephanie Stancil at 807-5400. Class Fee: \$70

Millbrook Pool

#74146	Oct 14-Nov 6	T,Th	5:00-5:30pm
--------	--------------	------	-------------

Pullen Aquatic Center

#74148	Nov 10-Dec 10	M,W	5:00-5:30pm
--------	---------------	-----	-------------

Millbrook Pool

#74149	Oct 14-Nov 6	T,Th	5:45-6:15pm
--------	--------------	------	-------------

Pullen Aquatic Center

#74150	Nov 10-Dec 10	M,W	5:45-6:15pm
--------	---------------	-----	-------------

Swim Lessons – Private

Age: 3yrs and up. These classes are for individuals with special needs that require individualized swim instruction and/or adaptive equipment in order to be successful. Skills are tailored and modified for each student, with the ultimate goal of progressing through American Red Cross Learn to Swim levels and smoothly transitioning into typical aquatic programming. Students will receive progress notes at the completion of each session, as well as, a recommendation regarding continued classes. When a student is demonstrating an appropriate acquisition of skills and the ability to learn in a group setting, we will recommend either a small group class or supported participation in a typical group lesson. This truly is a collaborative effort, for additional information or any questions concerning appropriate placements or adapted aquatics, please contact Stephanie Stancil at 807-5400.

For all students new to this program, please enroll in private lessons for an initial assessment. Class Fee: \$80

Millbrook Pool

#73343	Oct 14-Nov 6	T,Th	3:30-4:00pm
#73344	Oct 14-Nov 6	T,Th	4:15-4:45pm
#73345	Oct 14-Nov 6	T,Th	5:00-5:30pm

Pullen Aquatic Center

#73347	Nov 10-Dec 10	M,W	3:30-4:00pm
#73348	Nov 10-Dec 10	M,W	4:15-4:45pm
#73349	Nov 10-Dec 10	M,W	5:00-5:30pm
#73350	Nov 10-Dec 10	M,W	5:45-6:15pm

Swim Lessons – Supported Group level 1

Location: Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level, contact Stephanie Stancil at 807-5400 with any questions. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Explore floating and swimming with support.

Class Fee: \$47

#74180	Nov 4-Dec 4	T,Th	5:45-6:15pm
--------	-------------	------	-------------

Swim Lessons – Supported Group Level 2

Location: Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified Water Safety Instructor and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. For additional information or any questions, please contact Stephanie Stancil at 807-5400. Level 2 participants learn to:

- Float, glide and swim on front and back
- Open eyes underwater

Class Fee: \$47

#74661	Nov 4-Dec 4	T,Th	5:45-6:15pm
#74662	Nov 4-Dec 4	T,Th	6:25-6:55pm

Swim Lessons – Supported Group Level 3

Location: Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions, please contact Stephanie Stancil at 807-5400. Level 3 participants learn to:

- Perform front and back crawl,
- Dive from kneeling and standing

Class Fee: \$47

#74667	Nov 4-Dec 4	T,Th	6:25-6:55pm
#74668	Nov 4-Dec 4	T,Th	7:05-7:35pm

Swim Lessons – Supported Group Level 4

Location: Pullen Aquatic Center

Age: 6-15yrs. These classes are designed to be the inclusive answer for swimmers with disabilities who need a little additional

Supported Group Level 4 continued next page —

Supported Group Level 4 continued —

support. These are typical group lessons, taught by a certified WSI and aided by a trained Specialized Recreation swim instructor. This is a great way to benefit from group lessons and still get some extra support. This is the final step before transitioning to typical group aquatic programming. Benefits of participating in group lessons include: opportunity to socialize with peers and an increased opportunity to learn turn taking and cooperative learning skills. This group setting will provide a fun environment in which to learn new skills and help transition swimmers towards typical aquatic programming. Please sign up for the appropriate skill level. For additional information or any questions please contact Stephanie Stancil at 807-5400. Level 4 participants learn to:

- Perform a dive
- Front and Back crawl
- Breaststroke
- Butterfly
- Elementary Backstroke

Class Fee: \$47

#74677 Nov 4-Dec 4 T,Th 7:05-7:35pm

Teacher Work Day Tours

Location: Wade Ave. Administrative Office Bldg.
Age: 6-22yrs. School is out and we are travelin'! We will enjoy day trips to fun and exciting locations. Participants must be able to work successfully on a one staff to four participant ratio, be easily mobile, and be toilet trained. Participants needing a one-on-one assistant are welcome, but must provide their own one-on-one assistant. For more information on this activity, please contact Jennifer Tabery at 807-5402. Class Fee: \$35

#72957	Oct 10	F	8:00am-6:00pm
#72958	Nov 3	M	8:00am-6:00pm
#72959	Nov 4	T	8:00am-6:00pm

Teens to Adulthood

Location: Millbrook Exchange Community Ctr
Age: All Ages. As your child with disabilities becomes a teenager and then a young adult, a new set of issues begins to emerge in every area of development and lifestyle, including social, emotional, safety issues, recreational, financial, housing, vocational and advocacy concerns. Are you ready to take the 'Next Step' with your child? Join other parents/caregivers every second Saturday of the month for morning conversations with public and private sector disability professionals and, more importantly, other people like yourself. We'll have focused conversations on topics related to transition into adulthood as, together, we take the 'Next Step' in our children's lives as they become adults with disabilities. For more info, please contact Kathy Honeyman at honeymank@earthlink.net. Class Fee: \$0

#72774	Sep 13	Sa	9:30-11:00am
#72775	Oct 11	Sa	9:30-11:00am
#72776	Nov 8	Sa	9:30-11:00am
#72777	Dec 13	Sa	9:30-11:00am

Therapeutic Swim N' Play

Location: Pullen Aquatic Center
Age: 5-12yrs. This class is designed for home-schooled children with AND without developmental or physical disabilities who can benefit from socialization with their peers. We will be playing fun and therapeutic games that will teach water safety and adjustment. This is a great way to have fun in the pool and make some new friends. Swimming skills are not required, however, participants must be comfortable in chest-deep water. Parents, guardians and workers are encouraged to attend and participate. The fee includes one participant and one parent/caregiver. For more information contact Stephanie Stancil at 807-5400. Class Fee: \$35

#73301	Sep 17-Oct 8	W	12:30-1:30pm
#73302	Oct 15-Nov 5	W	12:30-1:30pm

Sports

Preschool Sports

Baseball – Diamond Kids

Location: Green Road Community Center
Age: 4-5yrs. Dust off those bats and gloves – it's baseball time! The skills of baseball taught with drills, demonstrations, and lots of teamwork! Class Fee: \$32

#75249	Sep 11-Oct 2	Th	5:45-6:30pm
--------	--------------	----	-------------

Baseball – Kinder T-Ball

Location: Jaycee Community Center
Age: 4-6yrs. Diamond tough. Let's play ball! Come learn about batting, fielding, and base running in a non-competitive setting. Class Fee: \$30

#75478	Sep 3-24	W	2:00-2:45pm
#75479	Oct 1-22	W	4:00-4:45pm

Baseball for Little Sluggers

Location: Millbrook Exchange Community Ctr
Age: 4-5yrs. Crack! It's going, going...gone! For the young baseball enthusiasts wanting to learn about the game and prepare for their first years of playing. Program instructed by Khadija El-McPherson (Coach K). Class Fee: \$60

#73334	Sep 11-Oct 16	Th	6:45-7:30pm
--------	---------------	----	-------------

Basketball – KidsHoops

Location: Green Road Community Center
Age: 3-5yrs. Let's shoot some hoops! Basketball skills and teamwork are taught to the younger crowd. Drills, demonstrations, and games are used to get you in the game! Class Fee: \$32

#75221	Nov 13-Dec 11	Th	5:45-6:30pm
--------	---------------	----	-------------

Basketball – Kinder Basketball

Location: Jaycee Community Center
Age: 4-6yrs. Taught in a noncompetitive atmosphere, Kinder basketball focuses on a variety of skills including dribbling, passing, shooting, and defense. Class Fee: \$30

#75496	Oct 7-28	T	2:00-2:45pm
#75495	Nov 6-20	Th	4:00-4:45pm

Basketball – Not So Short Shooters

Location: Laurel Hills Community Center
Age: 3-5yrs. A skills development sports program that teaches the basics of basketball including passing, dribbling, and shooting. Helps develop good hand/eye coordination as well as listening skills and good sportsmanship. Instructor: Coach K. Class Fee: \$36

#74751	Sep 2-23	T	4:15-5:00pm
#74752	Sep 30-Oct 21	T	4:15-5:00pm
#74753	Oct 28-Nov 18	T	4:15-5:00pm
#74754	Dec 2-23	T	4:15-5:00pm

Basketball – Tiny Shooters

Age: 3-5yrs. A sports program to teach the basic fundamentals of basketball for your preschooler. Terms, sportsmanship and fun are emphasized! Class Fee: \$35

Lake Lynn Community Center

#74049	Sep 8-29	M	1:15-2:00pm
#74050	Oct 6-27	M	1:15-2:00pm
#74516	Oct 6-27	M	5:45-6:30pm
#74515	Oct 9-30	Th	9:30-10:15am
#74051	Nov 10-Dec 8	M	1:15-2:00pm

Optimist Community Center

#74619	Oct 2-23	Th	5:15-6:00pm
--------	----------	----	-------------

Basketball – Two's Sport Zone

Location: Laurel Hills Community Center
Age: 18mos-2yrs. This parent-tot class is a great way to play while learning about the basics of basketball on a toddler's level. Little shooters will enjoy the tiny hoop games, touch-n-go dribbling, catch, pass, and more motor skill development fun. Wonderful for social skills and fitness! Instructor: Coach K. Class Fee: \$36

#74329	Sep 6-27	Sa	9:00-9:30am
#74330	Oct 4-25	Sa	9:00-9:30am

Basketball for Little Dribblers

Location: Millbrook Exchange Community Ctr
Age: 4-5yrs. This activity is for the young basketball enthusiasts wanting to learn about the game and prepare for their first years on the court. This program will work on basic skills of dribbling, passing and shooting. Instructed by Khadija El-McPherson (Coach K). Class Fee: \$60

#73327	Sep 8-Oct 13	M	6:45-7:30pm
--------	--------------	---	-------------

Basketball Tots

Location: Chavis Community Center
Age: 3-5yrs. Pre-schoolers will be introduced to the basics of basketball through drills and fundamentals. Pre-registration is required. Class Fee: \$10

#75165	Oct 4-25	Sa	10:30-11:30am
--------	----------	----	---------------

Basketball – Lil' Dribblers

Location: Carolina Pines Community Center
Age: 4-5yrs. In this beginners class students will learn the fundamental basketball skills such as dribbling, passing and shooting. This class helps build a solid foundation for those interested in signing up for the coming basketball seasons. Class Fee: \$28

#74386	Sep 8-29	M	6:00-6:45pm
#74387	Sep 9-30	T	10:30-11:15am